



KEEP CITRUS IN THE DIET

Citrus fruits are good to eat and good for you. Eat some fresh every day as long as they are in season. Conserve them for out-of-season use. These recipes may help you to have variety in using citrus in the daily diet.

Grapefruit Tomato Aspic

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| 1 tablespoon granulated gelatin | $\frac{1}{2}$ cup diced celery |
| 1 cup fresh or canned grapefruit juice | 1 tablespoon pickle relish |
| 1 cup condensed tomato soup | |

Soften the gelatin in $\frac{1}{4}$ cup of the grapefruit juice. Heat the remaining grapefruit juice to boiling point and dissolve the softened gelatin in it. Add the tomato soup and chill. When the aspic mixture starts to congeal, stir in the celery and pickle relish and pour into molds. Chill until set. Serves 6.

Ambrosia Chiffon Pie

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| 1 package orange gelatin | $\frac{1}{2}$ cup heavy cream (whipped) |
| $\frac{1}{2}$ cup hot water | 1 cup halved seedless grapes |
| 1 cup orange juice | 3 tablespoons sugar |
| 1 egg white | 1 baked pie shell |
| 1 cup grated coconut | |

Dissolve the gelatin in hot water, add the orange juice. Chill until slightly thickened, beat until light. Add sugar to whipped cream and fold in beaten egg white. Chill until about firm. Add grapes. Pour into baked shell. Sprinkle with coconut. May arrange orange sections over top. Chill. Serve.

Canning Citrus Juice (Orange and Grapefruit)

Wash fruit.

Extract juice from citrus fruit with electric or hand reamer; being careful not to get the oil from the fruit peel in the juice. Screen out seeds and any of white membrane which gets into juice.

Heat the juice rapidly to 180-190 degrees Fahrenheit. Remove from heat. Fill clean plain tin cans full of the hot juice. Seal and invert can for 1 minute to sterilize the lids.

Cool immediately in cold water. The rapid cooling of the juice helps retain its natural flavor.

Extract and heat only enough juice to fill 4 to 6 cans at one time. Temperature of the juice should be 180 degrees Fahrenheit, or above when it is sealed.

Crystallizing Orange, Lemon, and Grapefruit Peel

Select bright fruit with a thick peel and wash carefully. Grate lightly on an ordinary grater to break the oil cells. Cut this peel into strips that are $\frac{1}{4}$ to $\frac{1}{2}$ inch in width. Place in a saucepan and for each quart of peel, add 3 pints of cold water. Boil 10 minutes and pour off the water. Repeat three times or until the bitter flavor is removed. Dry the fruit between fold of cloth, pressing gently. For each pound of prepared peel, make a syrup of $1\frac{1}{2}$ pounds of sugar to 6 ounces of water. If desired, vegetable coloring may be added to the syrup. Mint, ginger or other flavoring may be used for special flavor. When the syrup boils, add the peel and boil until peel is transparent. At this point take a piece and roll in granulated sugar. If after a few minutes the fruit stiffens enough to retain its shape, it is sufficiently cooked. If cooking is continued for too long a period of time and evaporation carried too far, the product will be hard and unattractive.

Pack into clean containers if not to be used immediately. Seal and store in cool, dry place.

Sour Orange Marmalade

1 lb. peeled sour oranges
2 pints water

1/3 of peel removed from
orange
1½ lbs. sugar

Preparation of peel: Wash fruit, remove peel, discard two-thirds of the peel, using the portion free from blemish. Cut the peel in as thin slices as possible. Place in a kettle and add water four times in weight to that of the peel. Boil 10 minutes, then drain free of water. The water should be changed three to five times, each time bringing water to a boil and allowing to simmer 3 to 5 minutes. Peel should be exceedingly tender. Its bitter taste may be removed by sufficient boiling of the peel.

Preparation of the juice: After the peel has been removed, weigh the fruit, cut into small pieces, place in a kettle. Add 2 pints of water for each pound of orange and boil until it thoroughly disintegrates. Pour into a flannel jelly bag and press until no more juice can be obtained. Drain this juice again through a clean flannel jelly bag without pressing.

Making the marmalade: Pour this juice into a kettle, add peel and bring to a boil. Add 1½ pounds of sugar for each pound of fruit. Continue boiling until the jelling point has been reached, which is indicated by flaking or sheeting from the spoon. Pour into clean containers and seal. Store in cool dry place.

Tangerine Sweet Pickle

Choose small, firm tangerines of uniform size and unblemished skins. Wash. Push a fine knitting needle entirely through each fruit 6 or 8 times. Let fruit stand overnight well covered with salt water--weighting down with a plate.

In the morning put the fruit with an abundance of cold water in a large preserving kettle and boil gently until tender--changing the water twice. Remove fruit with skimmer. Make a syrup sufficient to well cover tangerines, using 1 cupful water and 1 cupful pickle vinegar to each pint of sugar, $\frac{1}{2}$ stick cinnamon, 10 whole cloves and 1 lemon sliced. Stir until sugar is dissolved, add fruit and cook until syrup is thickened and tangerines are somewhat clear. Let stand overnight or several nights.

Boil again until fruit is translucent and syrup heavy. Pack carefully in jars. Process pints at simmering 15 minutes. This is an unusual and delicious pickle to serve with chicken, veal and other meats. If additional flavor is desired, tangerine juice may be used in place of water.

Papaya Pickle

Make a syrup of 1 measure sugar and $\frac{1}{2}$ measure vinegar. Add a few whole cloves and pepper corns and 2 measures of half ripe papaya cut into small pieces. Boil until tender. Pour into clean jars and seal.

By

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